

FALCON FITNESS SCHEDULE

GROUP X | #MOVE4YOURMOOD | SPRING 2021

Participate in unlimited fitness classes all semester long by purchasing a Group X pass for only \$25! Stop by the SRC Welcome Desk to purchase your unlimited pass, or a \$5 day pass.

SignUpGenius reservations are required for in-person classes. Class reservation links will be emailed weekly to Group X members. Regular programming will take place on Wellness Days throughout the semester. Schedule is subject to change.



Free virtual #MOVE4YOURMOOD sessions are offered January 11 - April 23 and are marked in orange on the schedule below. Receive Zoom links and passcodes online. Follow Falcon Fitness @BGSUFitness on Instagram to tune in on IG Live.

MONDAY

Yoga As You Are with Caroline | 12:10 - 12:50 PM | Zoom
Power Hour Yoga with Bryant | 5:30 - 6:30 PM | Studio A
BODYPUMP™ with Nick | 5:30 - 6:30 PM | Studio B
Yoga with Theresa | 6:30 - 7:15 PM | Zoom

TUESDAY

BODYPUMP™ with Jodi | Noon - 12:45 PM | Studio B
Cycle with Demetria | 5:30 - 6:15 PM | Studio A
Total Body Burn with Lauren | 6 - 6:30 PM | IG Live
WERQ® Dance Fitness with Claire | 6:45 - 7:30 PM | Studio B

WEDNESDAY

Early Morning Yoga with Kelsey | 9 - 9:45 AM | Zoom
Yoga with Kelsey | Noon - 12:45 PM | IG Live
Aqua Zumba with DeeDee | 5:30 - 6:15 PM | Cooper Pool
BODYPUMP™ with Nick | 5:30 - 6:30 PM | Studio B
Power Hour Yoga with Bryant | 5:30 - 6:30 PM | Studio A

THURSDAY

BODYPUMP™ with Jodi | Noon - 12:45 PM | Zoom
STRONG 30 with DeeDee | 5:30 - 6 PM | Studio B
Hip Hop Cardio with Lauren | 6:15 - 7 PM | Studio B
Yoga with Kelsey | 7 - 8 PM | Zoom

FRIDAY

HIIT with Kayla | 9 - 9:45 AM | Studio B
Buti Yoga with Claire | Noon - 12:45 PM | Studio B
Strength Training Circuits with Luke | Noon - 12:30 PM | IG Live

SATURDAY

Barre with Sylvie | 10:15 - 11 AM | Studio B
Yoga with Sylvie | 11:15 - Noon | Studio B

SUNDAY

Meditative Yoga with Bryant | 5:30 - 6:30 PM | Studio B
Yoga with Theresa | 6:30 - 7:15 PM | Zoom

For More Information:

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